

# Commission Quarterly

Published by Friends of the Lincoln-Lancaster Women's Commission, Lincoln, Nebraska

OCTOBER 2005 FALL ISSUE

## Are You Ready to Run for an Elected Office?

By Diane Mullins, LLWC

Women may have won the vote 85 years ago, but they're losing the equality battle in elected offices today.

Although research has shown women candidates win elected offices at the same rate as men nationwide, fewer women tend to run for political office, reports the Institute of Women's Policy Research (IWPR) in Washington, D.C.

Nebraska ranks 21<sup>st</sup> in the nation for the number of women currently serving in an elected office. Out of the 49 Unicameral seats, 12 (24.5%) are held by women.

In Lancaster County, women office holders account for 17.7 percent. However, the Omaha's City Council consists of men only.

So, why are fewer women running the campaign trail?

"I think it's harder for women to raise money, particularly in the first campaign," said Kathy Campbell, vice president of Cedars Home for Children Foundation and former member of the Lancaster County Board. "While women are accustomed to asking for money for charitable causes, asking people to invest in them is not easy."



Photo courtesy of Diane Mullins

Creating a non-partisan workshop dedicated to teaching women how to run for an elected office, members of the Ready to Run™ steering committee coordinated an all-woman cast of 15 elected officials and five presenters from the Lincoln and Omaha area. Pictured from left to right is Lincoln-Lancaster Women's Commission (LLWC) Director Bonnie Coffey and Nancy Intermill, LLWC past president; Women's Fund of Greater Omaha (WFGO) Executive Director Ellie Archer, and WFGO committee members Liz Campbell and Lorraine Chang.

Local advertising and promotional media tactics commonly exceed \$100,000 in cost for a sharp shooting campaign in today's high-tech world. And yet, the IWPR reports the median annual earnings for Nebraska women are \$26,000. Not many women want to apply for a second mortgage to subsidize a high

risk adventure, especially one that offers on-the-job training by the seat of the pants.

"We need more women to consider public office," said Campbell. "Find a current or past woman office holder and seek their advice. I certainly have high regards and appreciation to my mentor, Jan Gauger, the first women county commissioner in the state of Nebraska!"

Campaign cost is one of many issues facing talented women who want the

opportunity of leadership and political participation.

Willing to address those challenges in a no-nonsense manner, two agencies have joined forces to create a new educational project titled, *Ready to Run™*, a day-long workshop that introduces the "how to" of campaigning for women only.

Although women constitute a minority of elected officials at national and state levels, the good news is that their presence is increasing, but slowly, according to the IWPR report.

"There is a woeful lack of female role models in political office, especially the higher up you go," said Kim Robak, attorney for Ruth Muller & Robak, and former Lt. Governor of Nebraska. "Until women are used to seeing women as leaders, the disparity is unlikely to change. That's why we need to encourage more women to run for 'pipeline' offices and to give them the support to continue to run for office."

The Lincoln-Lancaster Women's Commission (LLWC) and the Women's Fund of Greater Omaha (WFGO) formed a 15-member steering committee, comprised of entrepreneurs, educators, consultants, attorneys and media specialists, to define and customize the workshop for

READY TO RUN - continued on back, pg. 4

## Candlelight Vigil Observed During YWCA's Week Without Violence Events

Plans are set for the annual Candlelight Vigil program held at the Rape/Spouse Abuse Crisis Center, located at 2545 N St., Lincoln, NE. The program is staged on the front porch and lawn at the RSACC office. As in the past, the Lincoln-Lancaster Women's Commission will cosponsor the event scheduled for Wednesday, Oct. 19, 2005. BryanLGH Medical Center has generously donated the glow sticks traditionally used as candles for the ceremony.

This event is one of seven community activities set for YWCA's Week Without Violence program, held in recognition of October's Domestic Violence Awareness Month. Each day has a theme and activity to encourage non-violent behaviors.

**Monday, Oct. 17: Protecting Our Children**, a Healing Circle will be held at RSACC from 7:30-9 p.m. for survivors. Free child care and refreshments will be provided.

**Tuesday, Oct. 18: Making Our Schools Safer**

**Wednesday, Oct. 19: Confronting Violence Against Women**, the Candlelight Vigil begins at 7:30 p.m. following RSACC Open House activities.

**Thursday, Oct. 20: Facing Violence Among Men**, an evening of *Voices, Music & Performance* will be held at Nebraska Wesleyan University, 50th & St. Paul St., under the Old Main Staircase at 7 p.m. Also, a documentary, *Breaking the Silence: Children's Stories*, will air on Nebraska Educational Television at 9 p.m.

**Friday, Oct. 21: Take A Break**, the YWCA will host a provider's respite care program for children, ages 6 wks to 12 years of age, from 6:30 to 9:30 p.m., payments are on a sliding scale fee. The YWCA is located at 14th & N St.

**Saturday, Oct. 22: "Rally Against Racism"**, convening at Antelope Park, 32nd & A St., participants can *Walk Against Racism Fun*, a fun run beginning at 9:15 a.m. The YWCA will also host a free swim, from 12 to 3 p.m., and a *City Wide Safe Night Dance* for youths.

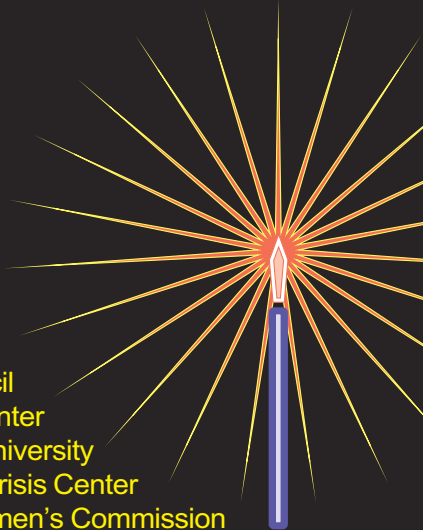
## Candlelight Vigil

Wednesday, 7:30 p.m., October 19, 2005  
Lincoln Rape/Spouse Abuse Crisis Center  
2545 N Street Lincoln, NE 68510

Join us as we recognize the need to end violence against women and children.

In Partnership With ...

- YWCA
- Friendship Home
- UNL Women's Center
- Child Advocacy Center
- Family Violence Council
- BryanLGH Medical Center
- Nebraska Wesleyan University
- Rape Spouse Abuse Crisis Center
- Lincoln-Lancaster Women's Commission
- Lincoln Police Department Victim Witness Unit



### INSIDE THIS ISSUE

- Pg. 1- Are You Ready to Run for an Elected Office?
- Pg.1- Join Us for Dinner at Beacon Hills Restaurant
- Pg. 1- Candlelight Vigil Glows During YWCA's Week Without Violence
- Pg. 2-Life as We Know It To Be by Dr. Pat Tetreault
- Pg. 2- Welcome New Officers to Advisory Board
- Pg. 2- Friends Annual Meeting set for October
- Pg. 2- Nomination Deadline set for November
- Pg. 2- Stop Family Violence Stamp
- Pg. 3- How Tami Soper Defines Success
- Pg. 3- Crystal Catastrophe: Women & Meth
- Pg. 3- Breast Cancer Awareness Month & Stamp
- Pg. 3- Calendar of Events
- Pg. 4- Women's Equality Day Events in Review
- Pg. 4 - Coffey Accepts NACW Gavel & Office
- Pg. 4 - LLWC Web Site Hosts On-line Forms

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## Commission Quarterly Newsletter

The Lincoln-Lancaster Women's Commission (LLWC) is an Advisory Board created by elected officials to advise the Mayor, Lincoln City Council and Lancaster County Board on issues that impact women. Please address any correspondence to: Lincoln-Lancaster Women's Commission, 440 S. 8th St., Ste. 100, Lincoln NE 68508-2294 or call (402) 441-7717.

### Editorial Policy:

The Commission Quarterly is a publication of Friends of LLWC. Publishing costs are paid by Friends of LLWC. Materials appearing in this publication shall be in accordance with the purposes, goals and official positions of the Lincoln-Lancaster Women's Commission and Friends of LLWC. The Commission Quarterly is published four times a year: January, April, July and October.

### Criteria for Publication:

Submissions by community groups and individuals are welcome. Deadlines are the first of the month preceding the month of publication. Articles are subject to editing, with the author's compliance. Specific opinions expressed are not necessarily the opinions held by LLWC employees, its Commissioners or Friends of LLWC.

### Advertising

Advertising is available in a business card sized ad and will be accepted as space is available on a first come, first serve basis. All ads should be camera ready and must be submitted one month before the publication date. For more information on advertising opportunities, call 441-7717.

### Friends of the Commission

Friends of the Lincoln-Lancaster Women's Commission is a 501 (c)(3) organization that solicits funds for commission projects.

### LLWC Staff

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Diane Mullins, Public Info Specialist  
Bonnie Coffey, Director

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Roberta Stick, vice president  
Georgia Glass, treasurer  
Nan Schweiger, secretary  
Marcia Kushner, past president  
\*\*Board members include Beatty Brasch, Pam Baker, Bridget Christensen, Paige Roberts, Susan Scott & Nancy Intermill.

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Jeannine Falter  
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Nancy Intermill  
Marcia Malone  
Leticia Meza-Casarin  
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Danja Pegram Siders, Vice-president  
Barbara Ramsey  
Beth Rodacker, Member-at-large  
Connie Schmidt, Member-at-large  
Tami Soper, President  
Kathleen Uhrmacher  
Lori Vidlak

# Life in Lincoln as a Lesbian: As We Know It To Be

Guest editorial - last of a four-part series

By Pat Tetreault, Ph.D.



Pat Tetreault

Life in Lincoln is one of contrasts. I am privileged to know many people who are committed to and working for social justice. I am also aware of the influences within society and the attitudes that many people have that either encourage or allow "the way things are" to continue on as they are. Situations and people that target others for bullying, harassment or feeling that one must live life on the fringe (marginalized) or under the radar. I am thankful that I don't

often feel that way despite the inequalities that exist that are supported by some people, institutions and our government. Having moved to Lincoln in 1987, I remember thinking then that Lincoln was a city of contrasts. Having moved here from Manhattan, KS, I was looking forward to living in a more "liberal" environment. After moving, I realized that, like most places, a place is not one thing or another but is a combination of factors, people, attitudes and behaviors that make life what it is. It is the contrasts that we experience in life that help us know what we want and what we don't want. Contrasts help us learn about ourselves and provide the opportunity to make choices that help determine who we are, what we value, and what our life lessons will be. I hope to continue to learn more about what I want, how to value everyone and everything, including myself; and that I always appreciate how blessed I am.

In thinking about what I would write about in this last column I wondered what those reading these editorials might want to know or see represented. I don't know if anyone has questions they would have liked to ask or topics they would have liked me to address. I hope that these editorial columns have been somewhat interesting if not enlightening in some way about what life for one lesbian-identified bisexual living in Lincoln is like. Any feedback you may have can be forwarded to me via the LLWC or via e-mail at [ptetreault1@unl.edu](mailto:ptetreault1@unl.edu)

*"Without the windstorms of life we would never see the beauty of the canyons," -- Elizabeth Kubler-Ross*

## Friends Annual Meeting set Oct. 17

The annual business meeting for Friends of LLWC is set for 5 p.m. on Monday, Oct. 17, 2005. Executive board members will convene in the K Street Conference room next to LLWC offices located at 440 S. 8th St., Lincoln, NE.

Meeting agenda includes electing new board members, discussing old business and setting dates for future quarterly meetings.

## WomenTalk

### "Women & Money"

A show by women about women's issues - aired four times each week on 5 City TV - Cable Ch. 5

#### Program Schedule

Tuesdays, 9:30 PM

Wednesdays, 10 PM

Thursdays, 1 PM

Sundays, 10 AM

-show subject to preempting



Surfing the Web again?  
Click Here!

[www.lincoln.ne.gov/city/mayor/women/index.htm](http://www.lincoln.ne.gov/city/mayor/women/index.htm)

What will you see? Our work! Annual reports, special reports, Women's Leadership Recruitment Program, Advisory Board membership, Friends Information, Women's Alliance Directory, Women in Education grant information, statistics, resources & contact information, news releases, past newsletters, and much, much more!

## Congratulations Kathy Campbell

### 2004 Alice Paul Award Recipient

*Winner of the 2005 Woman of Distinction Award presented by Gov. Dave Heinemann at the Nebraska Commission on the Status of Women's annual ceremonies in the Capitol Rotunda.*



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Photo courtesy of Bonnie Coffey

New executive board members were voted into office at the August commission meeting. From left to right is Danja Pegram-Siders, vice president; Tami Soper, president; Connie Schmidt and Beth Rodacker, members-at-large.

## Welcome New Board Officers

Voted into office at the August meeting, four women assume the role of officer on the LLWC Advisory Board.

**President Tami Soper**, former director of the Clyde Malone Community Center, is Legislative Aide for Senator Gwen Howard. She is an active community member and has served on numerous non-profit and city advisory boards, including Lighthouse, Clyde Malone Community Center, Health Partners Initiative, the Lincoln Lancaster County Health Department Quality Improvement Council, and the City of Lincoln Parks and Recreation Advisory Board.

Vice President **Danja Pegram-Siders** owns and operates, AgInvest, LLC, a property and farm management business. She is a farm and real estate manager and has worked with many community groups such as United Way, Red Cross, and Pheasants Forever. She is a graduate of Leadership Lincoln and Winning Women Series, and currently serves as Secretary for the Wyuka Historical Foundation and is a member of Downtown Rotary Club #14.

**Elizabeth "Beth" Rodacker**, member-at-large, is employed at Union College as an associate English professor. She is a board member of PALS, a local nonprofit animal organization; serves on the board of directors for the Lincoln Chapter of the National Organization for Women, and is a co-leader for the Neighborhood Watch program.

**Connie Schmidt**, member-at-large, is employed as financial management director for the National Student Loan Program. She has been actively involved in the community, serving on such volunteer boards as the Parent Teacher Student Association, Nebraska Teacher of the Year review committee and the Nebraska Association of Student Financial Aid Administrators.

## Nomination Deadline set Nov. 15

Nominations for the International Women's Day awards luncheon, "Weaving Women's Voices," will be accepted through **noon on Tuesday, Nov. 15, 2005**. Categories are Alice Paul, Erasmus Correll, Woman Artist-Visual Arts and Sojourner Truth Awards. Nomination forms can be picked up at the LLWC office, mailed or retrieved from the "on-line forms" bullet on LLWC Web site located at: [www.lincoln.ne.gov/city/mayor/women/index.htm](http://www.lincoln.ne.gov/city/mayor/women/index.htm).

## Stop Family Violence Stamp

*Total Stamps Sold: 29.4M*

*Total Raised, Net: \$1.8M*

The Stop Family Violence stamp was issued on Oct. 8, 2003, in Washington, DC. It helps raise funds for domestic violence programs.

The net amount raised is given to the U.S. Department of Health and Human Services. A heart-wrenching image of a distraught woman drawn by seven-year-old artist, Monique Blais of Santa Barbara, CA, is the focal point of the stamp.

It is intended to increase awareness about the impact domestic violence has on our families. Carl T. Herrman of Carlsbad, CA, was the art director for the stamp.



## LLWA On-Line Services

Located within the city's "Interlinc" web site system, the Women's Alliance (LLWA) directory offers a wide variety of information on individual clubs and organizations, including the contact information. If your organization or agency would like to post information free of charge or update its current information, an application can be obtained from the web site's index page ([www.lincoln.ne.gov/city/mayor/women/llwa](http://www.lincoln.ne.gov/city/mayor/women/llwa)) or call 441-7716 and one will be snail-mailed to you. If you are looking for a way to become actively involved in the community, make new friends or strengthen networks, look in the listings for great connections!

## HELP WANTED

Ever wondered if you could make a difference if given the right chance? If so, we **NE E D** you!

### Women's Leadership Board Recruitment

program matches female candidates to commissions, boards and task forces seeking to place a woman at their table.

Call 441-7716 for your application!



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By Tami Soper, LLWC President

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There are all kinds of social markers for what it means to be successful; what neighborhood do I live in, how large is my home, what kind of car do I drive, what names are on the labels of my clothing, how many degrees have I completed, what prestigious awards have I received, what is my job title, annual salary, etc. As women, the marker of success tends to be just above the marker of our male peers.


The pressure to aspire to popular culture's definition of success can be overwhelming. Unfortunately, we, as women, generally put more pressure on ourselves to "succeed" than men do. This artificially imposed obligation to achieve more and more can threaten our relationships and our physical and emotional health.

One of the best pieces of advice I've received as an adult did not come from a top selling novel, rather, of all places, my supervisor at a new job. Early in my career a wise woman said to me, "Don't ever forget what your real priorities are." I was certain that she was referring to something work related. As I gazed at her in bewilderment she clarified, "your family."

It was then that I realized that success is the way my husband looks at me across the dinner table, or the way my daughter fills me in on all the eighth grade gossip. Success is coaching your daughter to her first soccer team victory. It is the look in the eyes of a co-worker when you remember to say happy birthday; and the sound of your best friend's voice on

The Breast Cancer Research semipostal was issued on July 29, 1998, at a first day ceremony held in the White House. It was the first semipostal in U.S. history. To date, the stamp has raised nearly \$44 million for breast cancer research. By law, 70 percent of the net amount raised is given to the National Institutes of Health and 30 percent is given to the Medical Research Program at the Department of Defense. Designed by Ethel Kessler of Bethesda, MD, the stamp features the phrases, "Fund the Fight" and "Find a Cure" and an illustration of a mythical "goddess of the hunt" by Whitney Sherman of Baltimore.

**BREAST CANCER**



USA First-Class

Breast cancer is one of the most important diseases for women in the United States and constitutes one fourth of all cancers in females, making it the most common cancer in females. Breast cancer develops in as many as 1 in 8 women by the time they are age 80 and is 100 times less common in men. Breast cancer accounts for approximately 15% of female cancer deaths. Approximately 182,800 new cases per year occur in the United States, causing 40,800 deaths per year. Breast cancer is the leading cause of death in women aged 44-50 years. The five year survival rate is 60% overall, but is greater than 80% for early detection, according to Dr. Hemant Singhal, College of Medicine in London, England.

In a new report, *Cancer Facts & Figures 2004*, the American Cancer Society projects that 1.4 million Americans will be diagnosed with cancer this year, up from the 1.3 million cases predicted for 2003. This largely results from a growing and aging population. Early screening has led to more diagnoses, particularly of breast and prostate cancers, but has resulted in quicker and more effective treatment. Because of mammography and other preventative measures, breast cancer will claim 15% of all female cancer deaths — a 20% drop since 1930.

Yes, we know, things do change. New address? Kids grow up? Landed a new job? Got a new friend? Whatever your reasons, the Women's Commission continues to be your reliable source of women's news on women's issues locally and nationally. Yes, life does go on! And, we don't want to miss you! Be sure to keep us informed on your new contact information. If you have received this publication in error, please call **441-7716** to be removed from the list.

**I encourage you to stop rushing around for a moment, look at your lives and do a quick evaluation. Have you forgotten what your real priorities are? Do you know what the scoop is at your favorite young person's school; have you performed any random acts of kindness lately?**

**What are you waiting for? It is never too late to become a success in the eyes of the people you love.**

On the November **WomenTalk** show, the Lincoln-Lancaster Women's Commission will focus on the growing phenomenon of women and meth, its myths and impacts.

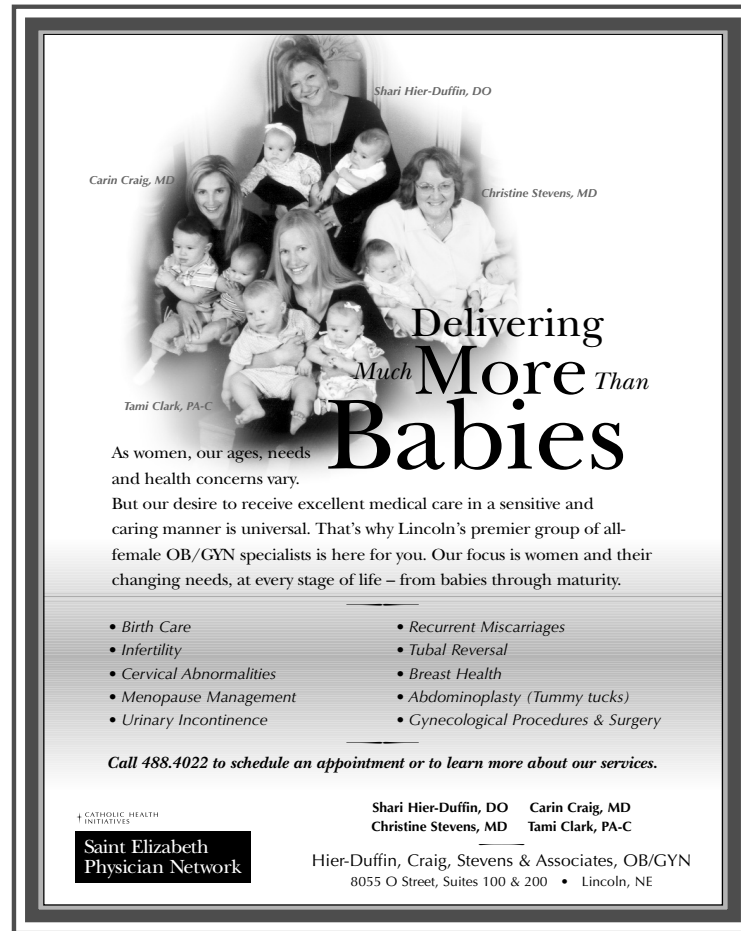
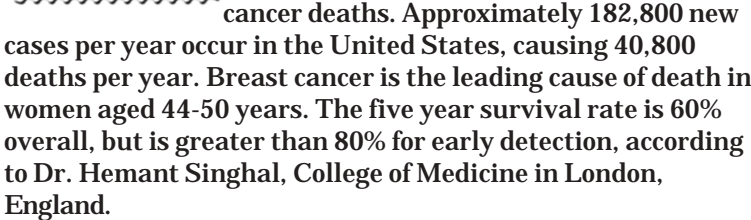
A growing number of women abuse meth, a highly addictive stimulant that produces a euphoria similar to cocaine, but lasts longer and it's made from common household ingredients such as Sudafed, iodine, acetone, phosphorus and lighter fuel. Experts and users say meth appeals to women because it's relatively inexpensive, easy to obtain, and it gives them the energy to take care of their children, go to work and feel more efficient in everything they do. The drug is especially attractive to the "Supermom" personality types.

Nationally, women made up 47% of patients in substance abuse treatment centers who identified meth as their primary drug of use in 1999, according to data from the U.S. Department of Health and Human Services. According to a nonprofit organization that tracks substance abuse, the number of people in Nebraska, especially women, convicted of drug use has risen dramatically over the last 10 years, prison numbers show.

In 1993, 4,455 adults were arrested on drug-related charges in Nebraska. In 2001, the number jumped to 11,263. Women made up 16 percent of those arrests in 1993, and 19 percent in 2001. About 35 percent of the women sent to the Nebraska Correctional Center for Women in York in the past three years went there on drug-related charges.

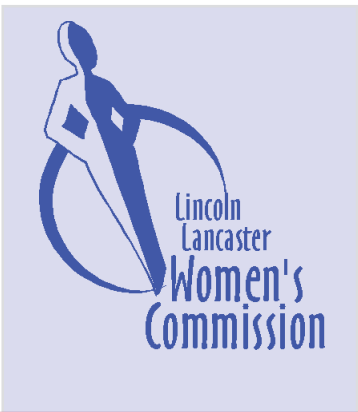
That compares with 25% of the men entering the state prison system, state Department of Correctional Services figures show. Some also speculate that meth use is leading to an increase of white women in prison, which has increased dramatically from 58 in 1994 to 241 women in 2003. In the meantime, the number of black women inched upward, from 60 to 64.

Nebraska doesn't stand alone in its wake of women and meth. In Iowa, 43% of women entering prison in the first quarter of fiscal 2002 said meth was their drug of choice, compared with 29% of men. In fiscal 2000, it was 25% of women and 19% of men. More than 40% of women arrested in the counties surrounding Honolulu and San Jose, Calif., in 2000 tested positive for meth use, a National Institute of Justice program found, and the figure was more than 20% in several other areas studied.



*Commission Quarterly pg. 3*





## IMPACT

By Connie Schmidt, LLWC Commissioner

**I joined the Lincoln-Lancaster Women's Commission because..** *Since the commission was formed in 1976 the needs of women have been brought to the forefront of this community to make it a better place to live and I wanted to be a part of that difference for our future.*

**I believe LLWC is important to Lincoln and Lancaster County because ...** *the commission is well established and recognized as an advisory board that provides women with choices and opportunities for their lives and their families.*

\*\*With each publication of the Commission Quarterly newsletter, LLWC will spotlight a Commissioner's responses on the above two questions.

## Welcome New Commissioner

Appointed to the board by Mayor Coleen J. Seng, with approval from City Council and County Commission, **Leticia Meza-Casarin** joined LLWC as its newest commissioner.

## Contact Information

**U.S. Senate**  
**Hon. Charles T. Hagel**  
294 Federal Building  
100 Centennial Mall North  
Lincoln NE 68508  
(402) 476-1400  
[www.hagel.senate.gov/index.cfm?FuseAction=Offices.Contact](http://www.hagel.senate.gov/index.cfm?FuseAction=Offices.Contact)

**Hon. Ben Nelson**  
287 Federal Building  
100 Centennial Mall North  
Lincoln NE 68508  
(402) 441-4600  
[www.bennelson.senate.gov/email.html](http://www.bennelson.senate.gov/email.html)

**U. S. Congress**  
**Hon. Jeff Fortenberry**  
House of Representatives  
301 S. 13th St., Suite 100  
Lincoln NE 68508  
(402) 438-1598  
*\*no E-mail address listed*

State of Nebraska  
Clerk of the Legislature  
(402) 471-2271  
*\*Ask to speak to your district representative.*

## A Day to Remember: 85th Suffrage Anniversary, Women's Equality Day

The observance of Women's Equality Day, annually recognized on August 26<sup>th</sup>, reminds us of the struggle and passage of the 19<sup>th</sup> Amendment, giving women the right to vote. This year, five agencies joined forces to create a day of fun, learning, awareness and event memories.

Co-sponsored by the Angels Theatre Company, League of Women Voters (LWV), Lincoln-Lancaster Women's Commission (LLWC), Nebraska Commission on the Status of Women (NCSW) and YWCA of Lincoln, various events offered the general public an opportunity to learn more about the historical impact of the Woman's Suffrage Movement, especially to Nebraska women.

Meeting at the State Capitol Rotunda, Governor Dave Heineman presented NCSW's **Woman of Distinction Award** to Kathy Campbell, former

## New Bullet to LLWC Web Site

In an effort to provide the general public with easy access to information and services, LLWC restructured its home page to include an "On-line forms" bullet that houses the actual registration forms for its future events.

This feature makes it easier for individuals to open, print, complete and mail in the event registrations forms their work or home computers. The forms are saved as an Adobe Acrobat PDF (or portable document files). The free "Adobe Reader" software is available at [www.adobe.com](http://www.adobe.com).

LLWC on-line forms includes International Women's Day awards nomination booklet, Women Leadership Board Recruitment Brochure, Council of Women Leaders networking dinner, and the Ready to Run workshop registration and information.

***"I have yet to hear a man ask for advice on how to combine marriage and a career," - Gloria Steinem***

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Lancaster County Commissioner, former LLWC Alice Paul award recipient, and executive vice president of Cedar's Home for Children Foundation.

A presentation on Nebraska's participation in the struggle for women's right to vote, ***What's Unique About the Suffrage Movement in Nebraska?***, was held and discussed at the YWCA Lincoln. The **Eighth Street IronWorks Restaurant** hosted a special "Equality Day" dinner menu for event participants.

A lobby exhibit focusing on the national and regional suffrage movement was on display at **The Loft at the Mill** prior to a theater performance. It featured a collection of original artifacts and memorabilia actually used during the early 1900's Suffrage Movement.

The Angels Theatre Company performed Wendy Lill's ***The Fighting Days***, a play set in Winnipeg, Canada from 1910 to 1917 that dealt with the fictional character Francis Beynon, a Manitoba journalist and political activist struggling to help women gain the vote. Following the play, a panel discussion was held.

## Coffey Accepts NACW Gavel



A look of astonishment and happiness flowed across Bonnie Coffey's face as she accepted the traditional gavel, a symbol of the office of president, from outgoing president, Ruth Jackson of Utah, at the recent convention of the National Association of Women's Commission (NACW) held in Miami, FL.

As the board's new president, she will work with more than 240 commissions nationwide to act as a national voice and coordinate support services for them to thrive, expand and create an impact in their community.

**AMERICAN ASSOCIATION OF UNIVERSITY WOMEN**

We're looking for new members to join AAUW!

Help promote equity for women and girls, lifelong education, and positive societal changes. Contact Julie McLean (402) 488-3205 to learn more on how you can get involved to make the difference in the big picture! Or, e-mail to: [jmclean01@yahoo.com](mailto:jmclean01@yahoo.com).

Lincoln/Lancaster County and Omaha areas.

The workshop was modeled after the original program founded by the Center of American Women and Politics, Eagleton Institute of Politics, Rutgers, The State University of New Jersey. ***Ready to Run***<sup>TM</sup> promotes activism, provides information in a non-partisan environment and increases visibility of women's efforts to enter the political process.

Training is set for Saturday, Oct. 15, 2005, from 8:30 a.m. to 3:30 p.m. Convening at Riverview Lodge in Mahoney State Park, the workshop kicks off with a continental breakfast, registration, welcome and keynote presentation by Robak.

A networking luncheon is planned for 11:30 a.m. with 15 elected officials representing city councils, country boards, state senators, school districts and mayors.

As more women hold offices, women's issues become more prominent in legislative agendas and backyard barbecues. An undercurrent in the women's movement suggests focusing on systemic policy changes to ensure the health and welfare of women and children in the future.

"I ran for the County Board because I wanted the opportunity to play a role in developing the future for generations to come," said Campbell. "I wanted to give back to the community."

Former Lincoln City Council candidate, Tami Soper, who works as legislative aide to Sen. Gwen Howard and serves as LLWC president, hopes to hold the office of state senator someday.

"Public policy has a tremendous effect on our day-to-day lives," she added. "The only way to ensure that we have a say in the process is to become an active participant. There are far too few women represented in state government and it's past time for us to take our seat at the table."

Leaping into a rugged race without technical and family support can be overwhelming, especially if the candidate is clueless to campaign mechanics. The workshop topics include making the decision to run, how to plan a budget, campaign strategies and making political connections.

"Political campaigns are roller-coasters," added Campbell. "You go from elation to sheer panic to bewilderment to the full gamut of emotions. However hard they may be, the real work lies ahead in doing the job."

Although the Civil Rights movement brought affirmative action changes into our society five decades ago, the millennium woman still endures obscure discrimination in the world of politics, careers and non-traditional lifestyles. Women are still stopped by the glass ceiling and gender inequalities, issues that may arise in the ***Ready to Run***<sup>TM</sup> workshop.

"I found it most challenging for people to see me as a credible candidate," said Soper. "Many people were verbally supportive, but you can tell if they believe in your candidacy when they're willing to give the time, money, expertise and whatever else to get the vote."

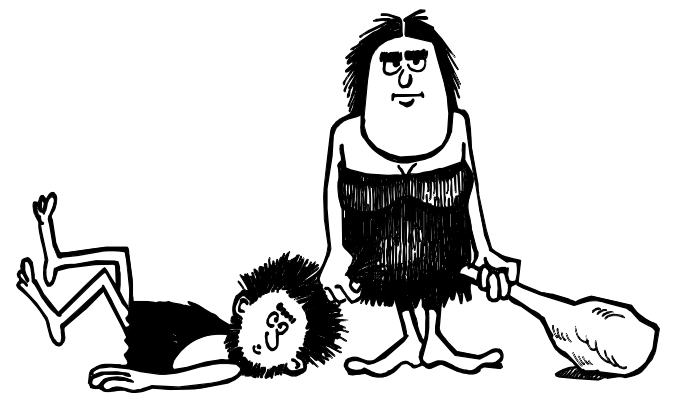
What's the best advice to give to someone thinking about running for an office?

"Run. Don't just talk about it," said Soper. "Devise a plan and run. Don't think holding an elected office is the only way you can have a voice in the process. Even if you don't win the seat you run for, continue to stay engaged and make sure that your voice is heard."

"Know the time commitment and know the reasons," added Robak. "Take the time to learn the issues that are important to your constituents. Be willing to ask for support financially and to pound the pavement for votes."

For more information, contact the Lincoln-Lancaster Women's Commission at 441-7716.

**YOU WANT MORE PAY?  
HOW BAD DO YOU WANT IT, HONEY?**



If your supervisors have other "ideas" about how you can advance at work, we have a few "ideas" of our own.

### Hit them where it hurts!

Report them for sexual harassment under the City of Lincoln Municipal Code's Equal Opportunity Ordinance, Title 11.

If you suspect illegal employment practices, contact the Lincoln Commission on Human Rights. Everyone deserves an opportunity to succeed. Lincoln Commission on Human Rights, 440 S. 8th St., Ste. 101, Lincoln NE 68508. Call 402/441-7624 or 402/441-8398 TDD